



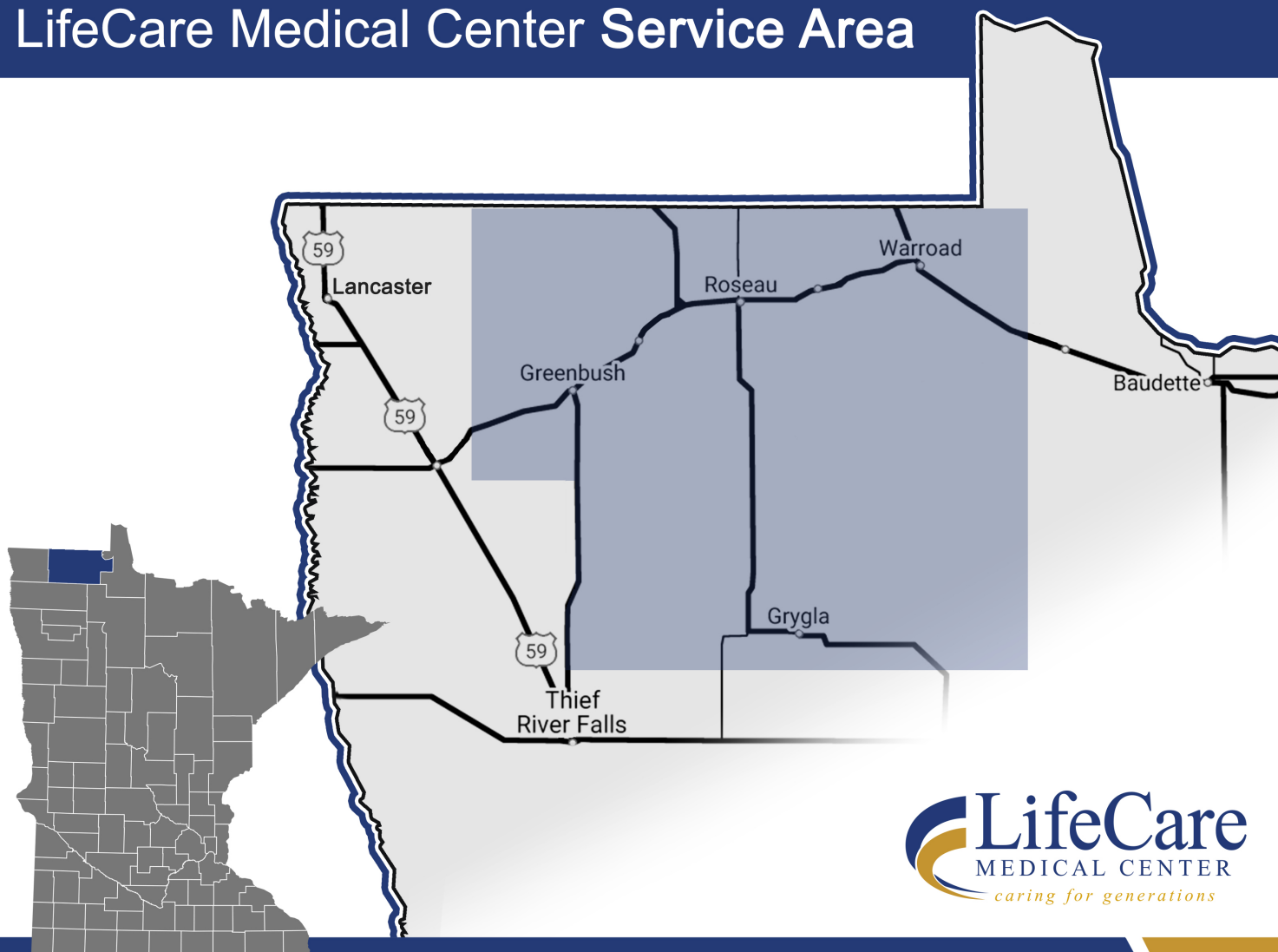
2022

COMMUNITY HEALTH NEEDS
IMPLEMENTATION PLAN

EXECUTIVE SUMMARY

The Community Health Needs Assessment (CHNA) for 2022 is the fourth CHNA completed for LifeCare Medical Center's service area, which is Roseau County. Roseau County has a population of approximately 15,000 residents and includes the rural cities of Warroad, Roseau, Badger, Greenbush, Strathcona, and Roosevelt. Approximately 93% of the population of Roseau County is White. The small minority populations that reside in Roseau County include Asian, American Indian, Hispanic, and Non-Hispanic African American.

LifeCare Medical Center Service Area



COMPLETING THE ASSESSMENT

LifeCare Community Relations and LifeCare Public Health collected community input on the health needs of Roseau County through a series of meetings with targeted individuals and groups, which represented all age and geographic levels of our service area. There were 13 meetings in total, which occurred between March 2022 through May 2022. The complete list of participants met with can be viewed in the assessment.

The responses from the individual meetings were then compiled into a comprehensive list of community health needs for LifeCare Medical Center's service area.

THE HEALTH NEEDS THAT WERE MENTIONED BY FIVE OR MORE COMMUNITY GROUPS INTERVIEWED INCLUDED:

1. Mental Health/ Illness
2. Affordable Childcare
3. Alcohol, Tobacco, and Illegal Drug Use
4. Housing Affordability, Availability
5. Lack of Healthcare Access and Services
6. Societal Impacts of Covid-19
7. Chronic Disease Risk Factors
8. Other:
 - a. Lack of Social Outlets for All Ages
 - b. A Need for Central Communication for Community Events and Services
 - c. Income
 - d. Transportation

IMPLEMENTATION STRATEGIES

While all of the needs identified above are important, LifeCare does not have the expertise or resources to work toward solutions for all of the items. As a result, priority will not be given to the following needs: Affordable Child Care, Housing, Income, Transportation, or Building a Central Communication Platform. Where possible, we will lend support and participation in coalitions and collaborations to be helpful in addressing these needs in Roseau County. In addition, we will communicate all of the health needs identified in our assessment throughout our service area, to the best of our ability, in an attempt to highlight areas where other groups or individuals may be able to address these and other health needs for the benefit of Roseau County residents.



The following were identified as priorities for LifeCare Medical Center, some activities will resume from the 2019 implementation plan. Unfortunately, many of our 2020 and 2021 efforts were put on hold due to COVID:

MENTAL HEALTH

Identified in the 2013, 2016, and 2019 assessments, mental health issues continue to be identified as a top health need in Roseau County. LifeCare plans to address the needs of mental health in the following ways:

- Educate community partners and members on mental health topics
 - o LifeCare has been focusing on educating our partners and community members on mental health topics and will continue to provide training such as Safe Talk, and QPR (Question.Persuade.Refer).
 - o LifeCare will continue to represent on local and regional mental health coalitions.
 - o Increase awareness of local Behavioral Health resources
- Work towards eliminating or reducing stigma
 - o Video campaign on stigma
 - o Promote the crisis text line and leverage our social media platforms to normalize talking about mental health.
 - o LifeCare will host community events such as golf tournaments which support mental wellbeing
- Establish a plan on coordinating care of mental health patients
 - o Community Care Team will remain in place. LifeCare Behavioral Health Therapist and Public Health Nurses will continue to see inmates in the jail, upon request.
- Address unmet needs to support mental health professionals and Roseau County
 - o Recruit more mental health providers
 - o PMHNP services will be contracted and provide at LifeCare Medical Center
 - o Registered Nurse position will be added to the Behavioral Health department
- LifeCare Wellness will sponsor a motivational speaker event to promote positive mental health messaging, free to the public
 - o Have sponsored this in 2017, 2018, and 2019 with great success.

LifeCare's Integrative Behavioral Health Committee which meets monthly will continue to lead the efforts and activities related to mental health. The people on this committee will have the appropriate knowledge and expertise on the subject, and will work together to continue current programs and to establish new and creative solutions.

CHRONIC DISEASE RISK FACTORS

LifeCare is committed to community health and wellness. With two dedicated Wellness Coordinators and a Public Health Department. LifeCare is able to organize more training and education to provide the tools necessary to Roseau County residents to live a healthier lifestyle.

The following are current classes and programs that will be continued into the future, as possible:

- LifeCare will host a 24 hour, on-site fitness center in Roseau, Warroad and Greenbush
 - o LifeCare Warroad Wellness Center is scheduled to open in early 2023
- Trained staff are available to participate in health fairs at local employers or community events, providing information on nutrition and exercise related topics
- Matter of Balance classes are available in each community, which enables older adults to remain active
- Tai Ji Quan classes will be offered throughout Roseau County. LifeCare has two trained facilitators.
- LifeCare hosts an annual "May Walk Run" to promote community health and wellness.

- “Health4Life” is recognized as a source for availability of health and wellness programs
- LifeCare will continue to support the City of Roseau Parks and Recreation
- LifeCare will continue to sponsor a robust Employee Wellness Program
- LifeCare will participate in the Community Workplace Wellness Collaborative for Roseau County
- Public Health offers community blood pressure, footcare, and blood sugar clinics around the county
- Registered Dietitian on staff available to provide 1:1 nutrition counseling through rehab services
- On Site Cardiac Rehab Services
- Rehab to continue summer work out programs geared toward youth, (i.e. Power Sports)
- Social Media will be utilized to promote healthy lifestyles and chronic disease management information

LifeCare Wellness and Public Health have the appropriate knowledge and expertise on this topic area and work together to continue current programs and to establish new and creative solutions.

Additional community resources available in Roseau County include:

- Community education opportunities in the five school districts, which offer a variety of exercise and nutrition programs
- Roseau and Warroad Schools offer an indoor swimming pool and related programs for physical fitness
- City of Roseau Parks and Recreation Department offer multiple activities in the summer for youth to participate in sports, such as basketball, soccer, softball, t-ball, and golf.
- Roseau High School has a weight room and exercise facility available to the public
- S.A.I.L. (Stay Active and Independent for Life) classes are available in the communities of Roseau, Warroad and Greenbush to enable the elderly to remain active and improve strength, balance and fitness
- Mount Roseau – mountain bike trail
- All communities offer seasonal activities which LifeCare can help support and promote.

ALCOHOL, DRUGS, AND TOBACCO

Drug, alcohol and tobacco use continue to be a problem for Roseau County, as they were identified in both the 2013, 2016, and 2019 assessments. LifeCare has been actively working on these needs and will continue to do so into the future.

Recent and current projects include:

- LifeCare is part of a county coalition to prevent and reduce the use of drugs, alcohol and tobacco among teens in Roseau County. This coalition includes 12 sectors of our county and is made possible from a Drug-Free Communities Grant, which was awarded to Roseau County by the US Department of Health and Human Services and the Health Resources and Service Administration in 2015. We are currently in the second round of funding for this initiative.
- A Medication Take Back Day was successfully held in 2019, in an effort to get unused prescription drugs out of homes and to increase awareness of the Medication Drop Boxes in Roseau County. In turn, this should decrease the access for potential misuse. Covid put a halt to this in 2020, and 2021. LifeCare will resume this activity on August 2nd 2022 in Roseau, Warroad, and Greenbush. LifeCare would like to continue this Take Back Day biannually.
 - o Permanent prescription medication disposal sites continue to be available at the Roseau Police Department and Warroad Police Department
- LifeCare plans work with Roseau and Warroad city officials on the promotion of Tobacco-Free outdoor public settings, and will continue to look for grants to support this work.
- LifeCare will leverage our social media platforms to promote cessation.
- LifeCare plans to work with area schools as requested.

LifeCare Wellness and Public Health have the appropriate knowledge and expertise on this topic area and work together to continue current programs and to establish new and creative solutions.

COMMUNITY HEALTH NEEDS IMPLEMENTATION PLAN

This implementation plan will be discussed and approved by the Board of Directors of LifeCare Medical Center. It will be utilized as LifeCare's working document over the next three years. The committees created will work to establish new programs and processes to address the needs identified, to the best of their ability. The Community Health Needs Assessment will be repeated in three years, as required by federal regulations.

